

Ashland Mineral Waters And Their Uses

By A. W. Boslough, M. D. and Geo. O. Jarvis, M. D.

The mineral springs of Ashland, Ore., from a standpoint of medicinal virtue are deserving of the highest recognition of those in this country if not a premier position of value of any in the world.

In advance of a general summarizing of the value of the many component parts of these waters, it is of vital importance to impress upon the



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A leading physician of the city. Is one of the proprietors of the Sanitarium.

public the many advantageous circumstances of the geographical location of Ashland, endowing as it does such climatic regulation as are in keeping with the actions and obtainable results of the many ingredients of medication embraced in these waters. These climatic conditions are as well in keeping with the many ailments and afflictions as are the materials of medication.

Ashland is situated at the head of the famous Rogue River Valley and at the foot of the Siskiyou Mountains, bounded on both sides by wooded timber, rolling knolls and snow-capped peaks. Here lies this beautiful little city, sheltered and protected by these giants of nature, beauty abounding on all sides. At this altitude of 2,000 feet it may well be said that one may breathe the air of purity, filtered by nature's agents, the wooded and snow-capped hills of nature's own. The fact of this elevation insures against the excessive heat of the summer months and the natural shelter guards against the extreme cold of winter, making, as it does, the four distinct seasons of the mildest type. This further advances Ashland's claim as the logical place for the treatment of the many diseases in which its valuable mineral



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Eminent physician and surgeon, connected with the Ashland Sanitarium. He is foremost among Ashland citizens as a booster from start to finish.

waters may play a very important and desirable part.

Many places of interest may be here mentioned, where one may imbibe nature's beauty to a point of extreme intoxication. Mount Ashland, situated fourteen miles from the city, whose elevation is nearly 8,000 feet, makes a beautiful day's outing. From this point, on a clear day, one is able to see some sixteen cities, with Mount Shasta in the distance on the east.

The Marble Caves, nature's complete handiwork in crystallization, will afford one's consideration when thinking of pleasure from a standpoint of health.

Crater Lake, a natural reserve, affords in beauty that pen and picture cannot describe. This within one day's drive through giant timbers, entwining mountain roads, encountering many fresh mountain streams, affording best camping places and beauty spots appealing strongly to the lovers of nature and travel. The wooded timbers abound in game such as the deer, bear, panther, quail, grouse and Chinese pheasant.

The streams such as Rogue river,

Ashland creek, Bear creek and numerous others are full of trout, and in the larger streams one may obtain larger fish, such as the steelhead and Chinook salmon.

The city of Ashland has sixteen churches, embracing the Catholic and Protestant faiths. Every sect and creed may here be found.

In seeking a health resort, if one studies the geographical location, the seasons, scenery, hunting and fishing, lodge affiliations and religious organizations one can readily see that therein lies the pleasure part of life that is so essential to the recuperating patient or the one that desires to get away from business cares and worries and live within the environment of nature's handiwork. Ashland seems to be that place.

The soil of this region is especially adapted for the location of sanitariums and hospitals, from the fact that it is very porous, due to the granite consistency (hence the name Granite City), affording ample drainage everywhere and making a dry soil and atmosphere.

Nature holds in her bosom here many minerals of commercial value yet undeveloped, such as gold, silver, iron, coal, kaolin and mineral paint.

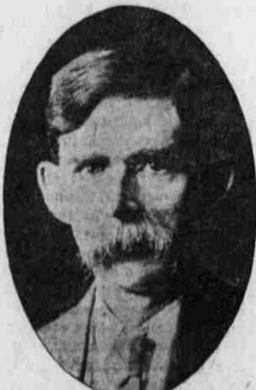
Mineral springs are numerous in the vicinity of Ashland, some having been productive commercially for many years, others being so improved as to be used for bathing purposes and are now being developed for more extensive uses. These mineral waters vary in composition and resultant qualities, and their medicinal merits were not so widely known, but recent and more careful experimentation proves that the waters here have the medicinal values that have not had the public recognition they deserve. The mineral waters may be divided into two classes, viz: Carbonate and chlor-carbonate. The former including all the soda springs and the latter the lithia and sulphur waters.

The lithia springs contain the second highest percentage of lithia of any of the springs found in the United States, and the second highest of any in the world. On the other hand the spring containing the highest percentage of lithia in the world also contains a prohibitive amount of sodium chloride, or common salt, hence it is unfit for drinking or table water. Therefore Ashland lithia water is in a class by itself. While lithia seldom or never occurs in waters in large enough dosage to be a predominating factor, still it does exist in sufficient quantities to have a decided therapeutic action. The compounds of lithia are very active diuretics, and form a very soluble urate which is easily eliminated from the system. Waters of the above class also find great application in the treatment of rheumatism, rheumatic tendencies, proteid indigestion and proteid intoxications.

The carbonate or bicarbonate alkaline waters are the most important groups of mineral waters. As a class these waters are used to stimulate secretions of the digestive tract, dissolve uric acid, increase the flow of urine, correct the acidity of the urine deposits, and are therefore of value in catarrhal conditions of the mucous membranes, rheumatic diathesis, gout, etc.

Sodium bicarbonate and carbonate appears as a normal constituent of the blood lymph and nearly all the secretions of the mucous membranes, and where conditions arise that cause these fluids to become acid, this class of waters is of great use in counteracting the effect. They thereby increase metabolism and allay irritations of the mucous membranes of the genito urinary tract.

Calcic carbonated waters have, on the other hand, a quite different effect from the above named carbonated waters. Where, the above car-



C. F. BATES

Owner and manager of the Ashland Transfer and Storage Company. A member of Hillah Temple. His weights are never questioned.

bonates increase secretions, the calcic waters decrease secretions and have a decided benefit in intestinal hypersecretions, and they also increase the calcium constituent of the blood, increasing its coagulability and balancing the calcium equilibrium when deficient in certain diseases, as tuberculosis.

The sodium chlorinated waters are used more for bathing purposes, and when taken internally tend to improve the appetite, increase gastric secretions, thus decreasing the putrefactive changes of the fluids of the intestines.

The sulphur waters are indicated wherever sulphur is indicated as a therapeutic agent. These waters have a decided alterative action and are used in the treatment of skin affections and metallic poisoning. They also increase the action of the intestines and kidneys.

This locality likewise affords a mercurial spring which has been used since Indian civilization for syphilis and skin afflictions.

Aside from the aqueous springs we also have a gaseous spring which cannot be duplicated anywhere. This spring is used for bathing purposes, the gases having a very decided vaso-

stimulates the peripheral nerve ends and through the sensory paths stimulate the heart reflexes, so necessary for the improvement of these conditions.

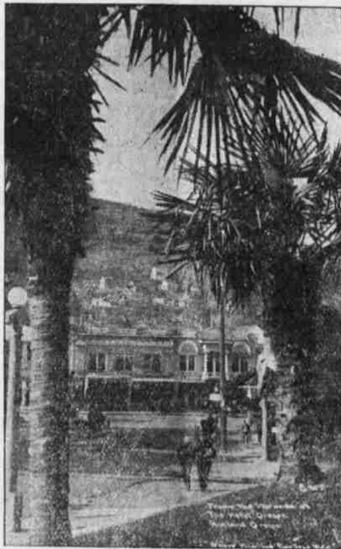
These natural ministers to the ailing are within easy financial reach of the majority of people, affording them all the advantages of the more expensive institutions abroad, and you are at all times in close proximity to all your interests at home.

Let there be no doubt as to the comparative values of these mineral springs and the treatment at Ashland, Ore., for there are no scientific reasons to believe that they are not on a footing with those in any other part of the country, and there are many proven deductions convincing that in the majority of cases they surpass any.

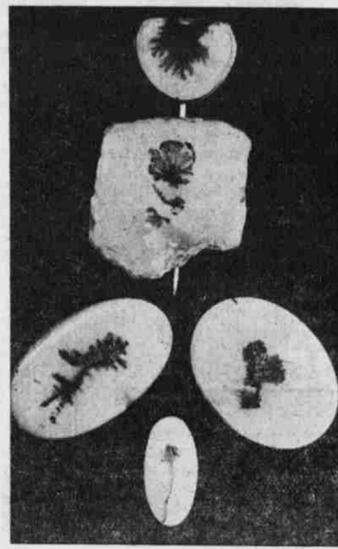
In conclusion, you are earnestly invited to investigate these resources of beautiful southern Oregon and give to them your earnest consideration in the selection of your place of recuperation.

It is worth one's while to live in Ashland because of the good fresh vegetables and fruits ever ready in their season. Ashland produces more varieties than can be found anywhere else on the same area of ground.

Ashland is justly proud of her school system. Few communities have more perfect organization or better appointed buildings.



Where the pines and the palms meet in the heart of Ashland the Beautiful.



Polished native stones, gathered from agate beds near Ashland.

motor stimulating action on the peripheral centers, and produces in fifteen minutes a very profuse diuresis (perspiration), which does not have the weakening effect of the hot or electric bath. Its uses therefore become self-evident and of extreme value in auto intoxications, chronic uremia, poor circulations and as an eliminator in inactive skins.

While not an established fact, these spring waters having such decided therapeutic results cannot be explained upon the ground that their mineral constituents alone are responsible, but to those who have observed there leaves no doubt but that they are radio active.

It is often said that "a liberal in-



C. H. VAUPEL

Vaupel's dry goods firm is known country-wide. For many years Mr. Vaupel has been one of the leading and progressive residents of the city.

vestment is a wise economy," but herein let it be said that the investment part of the treatment at Ashland offsets this proverb, as here we have for those who seek the European resorts of health, the equal of, if not the superior of, the famous Bad Nauheim of Germany. These are the carbon dioxide springs, invaluable in the treatment of cardiac disturbances and general debilitation, the resultant features of these deficiencies. The unestimable value of these springs are their excessive content of carbonic acid gas, which

THE AGATES OF SOUTHERN OREGON.

(By W. B. Penniston.)

Some of the most beautiful agates in the world are found in the Rogue River Valley. Taking Bear creek as a starting point, one will find in the gravel, semitranslucent to highly translucent chalcodony and highly colored jaspers. These agates and jaspers came from the ledges of volcanic rock on the sides of Grizzly mountain, where blue and gray chalcodony is found as fillings in joints, fractures and vesicular cavities. Some of which make moonstones, some are geodes composed of chalcodony or agate containing cavities lined with quartz crystals and some-



THOMAS H. SIMPSON

A prominent hardware merchant. Is a bank director, and has always been one of the foremost for progress.

times contain water; others are very delicately banded, showing irregular markings called fortification agate, and straight banded are termed ribbon agate.

Beautiful moss agates and moss jaspers are found in the Rogue River Valley and tributaries and on the mesas and buttes for many miles around. These dendrite strains of the moss agate are the deposits of oxide of manganese and iron causing markings of red, brown and black mosslike figures in the chalcodony. Moss agate does not, as the name would lead one to infer, contain

Beauty Spots Amid an Ideal Environment

BY W. H. DAY

The park in Ashland, ever a scene of vernal beauty—for even the so-called winter season in this latitude does not rob it of all attractions—has been enlarged and greatly improved. Formerly its boundaries were restricted and the view from the Plaza marred by unsightly surroundings. The city, however, obtained possession of the property, even at the expense of sacrificing an old and antique landmark. As a happy result the community has been more than recompensed for the change, especially from the esthetic standpoint as well as for many indirect advantages which have followed in the wake of enterprise as to civic betterments in general. The premises have been transformed into a sylvan retreat, beautified both by nature and art. Ashland creek, a typical mountain stream, courses directly through the park, within the boundaries of which are natural forest growths and artificial reservoirs, fountains, miniature cascades and rivulets almost rivalling nature in her most generous mood. Added to these is a wealth of lawn verdure, plants, shrubs and flowers, the majority of the species being indigenous

to this section, although various specimens of subtropical growth abound. A system of automatic sprinklers lessens the work of irrigation without marring the appearance of the grounds.

The city charter provides for a park commission, and that board not only exercises control over the entire park system but assists in its orna-



RALPH M. HEDGES

Enthusiastic and valuable watering resort booster.

mention and development. Owing to Ashland's situation amid the foothills of the Siskiyou Mountains, its streets are somewhat irregular as to width and angle. The result is that a number of small plots of diversified size and shape have reverted to municipal ownership, and these are being beautified with striking and picturesque results. In this work two organizations of enterprising ladies—the Civic Improvement Club and the Chautauqua Park Club—have materially assisted in even more than a financial way.

Although, strictly speaking, a street, the Boulevard, Ashland's most imposing thoroughfare, might rightfully be considered a portion of the park establishment. This notable exponent of the good roads movement is nearly a mile long in an air line, has a spacious parkway greensward planted with flowering magnolias in the center and flanked on either side by well-paved areas lined with some of the finest residences in the city. Cluster electric lights add to the attractiveness of the Boulevard, a model highway conceded to be one of the best on the Pacific coast.

The Plaza might also be included under the park designation. Here the main business district centers



C. A. MALONE

District agent of Oregon-California Power Company, which donated valuable land and power to the mineral springs enterprise.

around a veritable oasis of verdure and sparkling waters. The climax to the Plaza's ornamentation is the Carter memorial fountain, a work of art in bronze, surmounted by a heroic figure typifying the pioneer.

A generous domain, a portion secured by purchase and other tracts donated under certain conditions, has been secured further up the canyon. With the exception of numerous scenic drives and trails, and a considerable space reserved for a public playground, these acres remain in a primitive condition and it is intended to keep them so, inasmuch as they bear evidence on every hand of nature's fanciful handiwork.

Forest and stream, bud and blossom, shrub and foliage, furnish ideal scenic beauties, while the grateful shade pervading this sylvan retreat affords a typical spot for rest and recreation.

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See Everybody's Bible Study. J. M. BEAVER, Ashland, Ore.

Visit Sunny Southern Oregon.



G. G. EUBANKS

Cashier of the State Bank of Ashland. City treasurer and has been on the school board for many years.